

<b>Name : September 2022 Cornerstone Elementary K-8 Grades Lunch Menu</b>		<b>Options Provided : Hot &amp; Hot Vegetarian Meals</b>	
<b>Age Group : K-8 Grades</b>		<b>Meal : Lunch</b>	
		<b>Meal Pattern : NSLP</b>	

<b>Week V</b>	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)		Thursday, September 1, 2022	Friday, September 2, 2022
Lunch	<b>Who said cooking is for eating?</b>			
	<p>"Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?"</p> <p>Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.</p> <p>- Barb ☺</p>			
Veg Option	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2			

<b>Week VI</b>	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Lunch			<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
			<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>
Veg Option					

<b>Week I</b>	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Lunch	<b>"New" Creamy Chicken Pasta</b> Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	<b>Fresh Hot Pizza</b> Steamed Corn Banana Choice Milk	<b>Creamy Mac &amp; Cheese</b> Fresh Sliced Cucumbers & Dip Summer Grapes Mixed Berry Animal Crackers Choice Milk	<b>Sweet &amp; Sour Chicken</b> Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Grilled Cheese Sandwich</b>	<b>Fresh Hot Cheese Pizza</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Stuffed Breadsticks w/ Sauce</b>
Veg Option					

<b>Week II</b>	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Lunch	<b>"New" BBQ Beef Sandwich</b> Sunchips CKC Baked Beans Variety Applesauce Choice Milk	<b>"New" Chicken Tinga Walking Taco</b> Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Tropical Fruit Mix & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Crisp Salad & Dressing Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & No Sugar Fruit Compote Scrambled Eggs w/ Cheese Celery Sticks Summer Grapes & Choice Milk	<b>"New" Beef Fried Rice</b> Steamed Carrots Crisp Apple Fortune Cookie Choice Milk
	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll w/ WG Roll</b>	<b>Buttermilk Pancakes w/Scrambled Eggs</b>	<b>Egg Fried Rice</b>
Veg Option					

<b>Week III</b>	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Lunch	<b>Premium Chicken Nuggets</b> Ketchup Baby Carrots & Dip Cool Ranch Doritos Variety Applesauce & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	<b>Cheesy Lasagna Roll</b> Mixed Salad & Dressing Summer Grapes Elf Grahams Choice Milk	<b>"New" Authentic Chicken Stir Fry</b> Seasoned Rice Seasoned Black Beans Crisp Apple Choice Milk
	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll</b>	<b>Stuffed Breadsticks w/ Sauce</b>
Veg Option					

\*\*\* Hot Veg meals are served with vegetables and fruit of the day

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

**Homemade Silly Putty - Recipe**

<b>Ingredients</b>  * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	<b>Steps :</b>  1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.
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**October 2022 Menu (Subject to Change)**

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Lunch	<b>Queso Meatball Sub</b> WG Bun & Cilantro Nacho Cheese Doritos Cheesy Refried Beans Variety Applesauce & Choice Milk	<b>Breaded Chicken Patty Sandwich</b> Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	<b>"New" Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Corn Salsa Banana & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ No Sugar Fruit Compote Celery Sticks Summer Grapes Choice Milk	<b>Dry Rub Roasted Chicken Drumstick</b> Dinner Roll Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Veg Option	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>	<b>French Toast Sticks w/ No Sugar Fruit Compote</b>	<b>Grilled Cheese Sandwich</b>

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Lunch	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots Variety Applesauce & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Roll Mashed Potatoes Tropical Fruit Mix Choice Milk	<b>Creamy Mac &amp; Cheese</b> Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Sliced Cucumbers Summer Grapes Lemon Crisps & Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
Veg Option	<b>Mozzarella Veggie Burger</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Cheese Quesadilla</b>

Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Lunch	<b>Golden Corn Dog w/ Ketchup</b> Cornerrific Salad Variety Applesauce Choice Milk	<b>"New" Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	<b>Chicken Fritters w/ Ranch Dip</b> Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Veg Option	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>

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